

MUG FOUNDATION

PAD A GIRL CAMPAIGN

(NAMUNGALWE SUBCOUNTY, IGANGA DISTRICT)

ACTIVITY REPORT



ACTIVITY REPORT AS OF 30/NOV/2023

NANSANA WAKISO DISTRICT

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Acknowledgement

Without our supporters and sponsors, this campaign would not be running, we recommend your efforts to support us and see us reach the various communities around the country and we also urge you to keep the good spirit.

First and foremost it would not have been easy an activity but with God everything went on smoothly and the day was a success. We thank our special donors and supporters of Protea Hotel By Marriott Kampala and Protea Hotel by Marriott Kampala SKYZ for the donations of clothes and Pads that we donated to the Iganga communities of Namungalwe Subcounty. The day began well but rain dropped in within the skilling session and we had to take refuge in the neighboring primary school and as believers we acknowledged it as a sign of success and indeed the day broke successfully and we praise God for that.

We thank the administration of MUG Foundation led by the Executive Director herself, Ms. Nantume Prossy who worked tirelessly hard with her team to see this campaign a success in Iganga district. We thank the Pad a Girl campaign team leader Mr. Mukiibi G.B, for taking the campaign to yet another level. And lastly we thank to community leaders of Bubogo village and the mobilization team from the Save the Old organization led by Mr. Mukose Moses and Nassur.



Management of Protea Hotel By Marriott Kampala and Kampala SKYZ presenting their donations of Pads and clothes to MUG Foundation and Pad a Girl Campaign Team

Message from the Executive Director

The major objective as to why we designed the Pad a girl Campaign was to enable girls stay in school because so many have dropped out due circumstances related to pads. So many girls run to boys during their periods to get pads and this is in form of money and these boys will not just give their money just like that but in return for sex. Such transaction have resulted in so many teenage pregnancies and then after child marriages. This is because some parents believe that when a girl gets pregnant she automatically ready for marriage and then no more going to school. Some girls have decided to get pregnant because they are tired of menstruation.

Since the beginning of the Pad a Girl campaign, we have so far reached out to over 4500 young girls and young mothers. I thank our supporters especially Protea Hotel By Marriott Kampala and Protea Hotel By Marriott Kampala SKYZ and General Ware Uganda Limited, producers of Softcare Pads for standing with us in this campaign. In all the districts we have moved to, Iganga has been the most challenging district and the more complicated one because we had to spend just one day there and we never had any leaders to mobilize the ground and we had no individuals on ground to facilitate our ground work but rather had to face all costs alone. We thank God that we managed to facilitate over 350 young girls both from the community and from one school of Bunyiru Muslim Primary School who sent in over 250 girls to get the skills and knowledge about menstruation.

I congratulate the team upon completing districts like Kampala, Wakiso, Buyende, Masaka, Nakaseke, Bugiri and now Iganga and request you to keep the pace as we continue moving to other districts. By working more closely together, we will ensure that our efforts are aligned to have the maximum impact, and that we truly function as one Organization in all districts of the country where we intend to extend the campaign.

And as we continue to move in the Busoga region I pray that God blesses us to get the necessary support and funds to reach out to the girls in those remotest communities.

Yours faithfully

NANTUME PROSSY
EXECUTIVE DIRECTOR

Introduction

Since its Incorporation as a Community Based Organization, MUG Foundation has gained more courage and determination to change communities by promoting girls' rights to proper and affordable menstrual products, services and empowerment. MUG Foundation guided by the Ministry of Health principles, policies and guidelines works to find practical and innovative ways for girls and young mothers to lift themselves out of poor menstrual hygiene management living conditions and poverty. We promote safer periods for girls and help rebuild their abilities to gain self sustainability. In all we do, MUG Foundation works with partner organizations, Local governments, private sector and individuals to end the injustices that cause poor menstrual health conditions, violence and teenage pregnancies through its Pad a Girl Campaign.



Pad a Girl Campaign Iganga Team pose for a photo after the activities, Dr. Aksam, trainer Kayeesu Lydia, Dennise Dorcus Nantaba, team leader Mr. Mukiibi GB, Executive Director Ms. Nantume Prossy and Namagembe Kate (next to Mr. Mukiibi)

Background

Menstruation is a natural part of the reproductive cycle, however, in most parts of the world, it remains taboo and is rarely talked about. As a result, the practical challenges of menstrual hygiene are made even more difficult by various socio-cultural factors. Unavailability of sanitary products is a major barrier to education for girls of school-going age. The inability to effectively manage menstruation contributes to absences of up to 4-5 school days each month, equating to as much as 20% of the academic year intentionally skipped, simply due to menstruation. Eventually many of these girls drop out of school entirely, increasing their risk to the likelihood of early initiation to sex with associated risks of HIV, early pregnancy, teenage pregnancy with its associated maternal health complications, and further limiting their future career and economic opportunities.

It's against this background that MUG Foundation is running a Menstrual Hygiene and Health Management campaign dubbed "PAD A GIRL" aimed at breaking the silence, stigma and building awareness among boys, girls, parents, teachers and communities about the fundamental role that good menstrual hygiene management (MHM) plays in enabling women and girls to reach their full potential.

The "PAD A GIRL" campaign is contributing to improved Menstrual Hygiene and Health Management (MHM) among out of school and school going adolescent girls through sensitization and creating awareness on how to manage menstruation hygienically and with dignity, highlighting the role of boys, men and parents in ensuring girls enjoy menstruation with dignity by reducing the stigma and discrimination that surrounds menstruation



Girls where organized in groups of 15 for easy training, the training was conducted by Ms Kayeesu Lydia.

Objectives

The PAD A GIRL campaign is aimed at reaching out to 50,000 girls and young mothers with update MHM information complimented with sustainable reusable pads and also support girls to keep in school. Others include;

- To increase knowledge and awareness of Menstrual Hygiene Management, different forms, types and trends of menstrual stigma affecting young women and girls of Iganga District
- To increase awareness and sensitization on the various sustainable menstrual materials; reusable sanitary pads, menstrual cups available on market to enhance MHM.
- To create a platform where young women and girls living can speak confidently about issues related to menstrual stigma and discrimination within selected communities.
- To increase access to quality sustainable menstrual materials with a focus on reusable pads among young women and girls within Iganga district.



Girls where trained how to make their own reusable sanitary pads, they were also advised and trained to be more hygienic so as to be fit and desirable in their communities

Activities

- Menstrual Hygiene Management sensitization
- Training in making reusable sanitary pads
- Counseling and guidance on mental stress surrounding menstruation cycle/ periods.
- Donation of sanitary pads
- Donation of clothes to all regardless of age and gender.



Team getting ready for the activity

Outcomes

Over 450 girls and young mothers benefited from the campaign in Namungalwe Subcounty, Iganga district, benefited over 250 school girls from Bunyiruru Muslim Primary School and over 200 from the community and these will also benefit others in their communities.

- Girls were skilled in making reusable sanitary pads which will help them to stay in school and others will use the skill as a source of employment to make money.



- Girls were equipped with knowledge on how to keep their periods as awesome as possible.
- Through the training girls acquired knowledge on how to use sanitary pads because many were used to the traditional methods of using small clothes to pad themselves.
- Girls were also sensitized on the various taboos and myths surrounding menstruation and at least most of them had a mindset change about such taboos and beliefs.



Mr. Mukiibi Geoffrey B, sensitizing girls on the taboos and beliefs surrounding menstruation

Budget

NO	ITEM	UNIT MEASURE	QUANTITY	UNIT PRICE	ACTUAL AMOUNT
1	Pads	Packets	450	3500	1,575,000
2	Training materials	wholesome	1	350000	350,000
3	Caps	pieces	5	6500	32,500
4	Trainer	person	2	50000	100,000
5	Food	persons	5	10000	50,000
6	Stationery	Wholesome	1	50000	50,000
7	Transport	persons	7	45000	315,000
8	Mobilization	persons	3	10000	30,000
9	Allowances	persons	5	50000	250,000
10	T-shirts	persons	5	25000	125,000
11	Travel expenses			70000	70,000
12	Water	Cartons	2	6500	13,000
13	Communication and data	GBs	5	5000	25,000
14	Public address			30,000	30,000
	TOTAL				3,015,500

Challenges encountered

- We had to sit long hours in traffic jam that is on Jinja road especially between Nakawa and Mukono., making us delay to arrive at the venue.
- The mobilization was not so effective that girls took hours to arrive on the venue. So many of them had gone to collect their reports since it was a day for schools to break off for holidays.



It took us hours to have girls gathered on the training venue.

The network in the area was not the best especially for mobile data, we had to move to certain points to make communications.

The rain was another problem especially on day one of our campaign.



We had to take refuge in the nearby classrooms because of the rain

Lastly it was not easy to raise resources for the Iganga outreach because the numbers became overwhelming everyday. We plan the outreaches on the little contributions we get from those individuals who donate a packet of sanitary pads because we have not had any funding from any special donors or donor agency.



On arrival in Iganga town members had to wait for their next means of transport to the venue.

We still have challenges with transportation of the luggage and we continue to call for support. Movement wouldn't be a problem once we secure our own means of transport. We move long distances where public means of transport do not reach and it tends to be more expensive to deliver the pads and other items.

Due to the demand, despite the fact that we call for girls between 12 and 25 years, older women also encroach on the pads and it becomes difficult for us to sort them out and so many come in all the name of having girls at home. Others also express the situations at home being bad and so need the pads as well and really it makes everything hard to leave them out.

We face challenges of training materials because the numbers become so overwhelming and the materials become less to fit in the prior calculated numbers.

The political situation is also working on us where politicians want to use the Pad a girl campaign as their stepping stone to exercise or pass on their political agenda to the communities. This has tremendously worked on our resource base because a politician will support the campaign on grounds of allowing them to push their agendas.

Due to unavailability of funds members don't eat well during the activity and this hinders their productivity and finds hardship also in movement to and from the activity.

Way forward

Pad a Girl campaign is a one day activity which aims at reaching out to those young girls who find it hard to acquire a sanitary pad during her menstrual cycles. Its intended to keep girls in school and impact knowledge about menstrual hygiene management. Therefore we still call upon government intervention in the prices of sanitary pads right policies to taxes and also have prices of materials that make reusable pads lowered for easy access.

Health talks should be emphasized in schools because so many girls need this program to help them acquire functional health knowledge, strengthen attitudes and beliefs and also practice skills needed to adopt and maintain healthy behaviors throughout their live in and out of school.

Schools can also provide adolescent girls with knowledge, sanitary products and facilities to understand and manage their menstruation. Girls may avoid attending school during their periods due to fear of bullying and inadequate toilet facilities.



Conclusion

Health care and education are rights, not luxuries. Only that often these rights are turned into questions of availability and cost and it is the poorest and excluded groups of girls who are the first to miss out. Through a universal system, access can be provided to all, ensuring that menstrual materials are provided and social cohesion is attained when the amount of household income does not determine the service girls get. MUG Foundation believes that parents do not have to weigh up whether they can afford sanitary pads for their daughters or send them to school. We work alongside girls and young mothers who are speaking up and demanding their rights to affordable sanitary towels and or pads. Through a universal system, we believe pads can be provided to all, ensuring that girls' rights are realized.

The pad a girl campaign will continue to move to those villages where girls need sensitization and support to get safer periods in our quest to end period poverty. We still request leaders in these various communities to join us in this campaign as we strive to make menstruation a normal fact. We shall not give up on calling upon policy makers to consider the sanitary pads as essential and be seen as a match box in any home that has girls, women and mothers.



Clothes and Pads donated by Protea Hotel Kampala and Kampala SKYZ



MUG Foundation receiving pad donations from the Protea Hotel team





They were all happy to actively participate in the activities.



Listening tentatively to the facilitators



Materials used to make reusable pads.









Bananas had to fix the team because their stomachs where not in good shape.

















Young girls and young mothers were trained to make reusable sanitary pads





It looked complicated a task but after it was all smiles



Over 450 girls in and out of school were given sanitary pads and clothes



Reference:

Mr. Mukose Moses – Save the Old Uganda

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